

RECIPES

Cucumber Yogurt Dill Sauce

1 cucumber, peeled, seeded and chopped fine
1 c. plain yogurt
1 clove garlic, minced
¼ c. lemon juice
1 T. fresh dill leaves chopped
1 T. fresh chopped chives
Salt & Pepper to taste

Combine all ingredients in bowl. Serve over grilled fish or meat

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Roasted Lemon Chicken with Potatoes and Rosemary

8-10 pieces of your favorite cut of chicken – skin on

1 lb. baby red potatoes
½ onion – cut in large pieces
2 lemons, 1 sliced and 1 juiced
⅓ cup olive oil
2 garlic cloves, minced
1 Tablespoon fresh Rosemary plus sprigs for garnish
½ teaspoon crushed red pepper flakes
1½ teaspoon salt
½ teaspoon fresh ground pepper

Preheat oven to 400 degrees F. Spray a glass 13-in. x 9-in. baking dish with cooking spray. Arrange chicken pieces (skin side up), potatoes, sliced onion and lemon slices evenly in pan. In a small bowl, whisk together lemon juice, olive oil, garlic, rosemary, crushed red pepper flakes, salt and pepper. Pour mixture all over chicken and potatoes. Sprinkle all over generously with additional salt and pepper. Bake uncovered for about 1 hour, or until chicken and potatoes are fully cooked.

** www.laughingspatula.com*

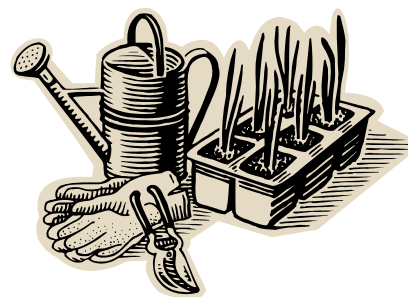
Pizza Sauce

1 can (28-ounces) whole peeled tomatoes, in juice
1 small white or sweet onion, finely diced and minced
1 clove garlic, peeled and minced
3 to 4 fresh basil leaves
1 teaspoon dried oregano
Pinch salt
Pinch fresh ground black pepper
Pinch sugar, optional
2 tablespoons olive oil, to sauté

Empty the contents of the tomato can in a mixing bowl and coarsely crush the tomatoes with a fork or your hands, leaving them just a little chunky. In a heavy bottom 2-quart saucepot, add the olive oil, over a medium high flame and heat a little. Add the onions and sauté until slightly translucent. Add the garlic and sauté about a minute until golden. Quickly add the crushed tomatoes to the mix. Stir well and bring to a simmer. Season with salt and pepper, to taste, and add the fresh basil and oregano. You can add a touch of sugar if desired or if tomatoes are tart. Simmer on a low flame, stirring often for at least 15 minutes. If not using right away, cool down and store in airtight container in the refrigerator, up to 1 week.

** www.foodnetwork.com*

Growing & Using Kitchen Herbs



An easy guide made possible by a grant from



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1018 Maury County Park Dr.
Columbia, TN 38401
(931) 375-6102
mcpr@maurycounty-tn.gov

Specialty Gardens

1-Pot Pizza Garden

- 5 gallon pot (any kind) with holes in bottom
- Potting soil
- Tomato, Bell Pepper, Basil, Oregano, Onions
- Plant tomatoes and peppers in the middle at least 8 inches apart
- Plant basil, oregano and onions around tomato and peppers about 3 inches from edge of container
- Needs 6-8 hours of sunlight each day
- Need to water at least a few times each week (when top of soil is dry)

4-Tier Salad Garden Tower

- Tower pot (any kind)
- Potting soil
- Kale, Spinach, Buttercrunch lettuce, Parsley, Romaine lettuce, Arugula and Chives
- Bottom level should be the biggest and can hold Kale and Spinach. Make sure the openings are big enough to accommodate the plants
- Plant the two middle levels with Buttercrunch, Parsley, Romaine and Arugula
- The top level (smallest) plant with chives
- Needs 6-8 hours of sunlight each day
- Need to water at least a few times each week

Herbal Tea Garden

- Containers for each herb (any kind)
- Potting soil
- Mint, Lavender, Lemon grass, Pineapple Sage, Chamomile
- Be sure to match herb to container size
- Be sure to check on which herbs need well-drained soil
- Needs at least 4 hours of sunlight each day
- Best if used with tea infuser. Leaves and flowers can be used fresh or dried.

Drying & Storing Herbs

DRYING

Easy, inexpensive and the best way to keep the oils intact, slow drying herbs also retains much of their flavor. Herbs that work best with this process are: **bay, mint, dill, marjoram, oregano, rosemary, summer savory, tarragon and thyme.**

Harvest herbs before they flower, and late summer is the best time to begin the drying process. If herbs are grown outside, cut them in mid-morning before the full afternoon sun. Yellowed or spotted leaves aren't worth drying. If necessary, rinse with cool water and pat dry. Remove the lower leaves along the last inch or so and bundle 4-6 together with a string or a rubber band. Write the name of the herb on the outside of a small paper bag that has several small holes for air circulation. Place the herb bundle upside down inside the bag and hang it upside down, checking every week or so to make sure the herbs are drying correctly.

Once the herbs are dried, store in air-tight containers, even plastic sandwich bags that "zip" close.

Other methods of drying include microwaving for 1 to 2 minutes at a stretch until completely dried, conventional ovens at the lowest possible setting, or home food dehydrators.

FREEZING

Freezing is also a great way to preserve herbs. **Basil, parsley, cilantro and chives** are the best herbs to freeze.

Still need to harvest herbs before they flower. Rinse them in cold water and shake off the excess. Chop the leaves into small pieces and put one measured tablespoon into an empty slot of an ice cube tray, then filling about $\frac{3}{4}$ full. Freeze overnight and then top off with new water and freeze again. When completely frozen, then put the finished cubes into a plastic "zip" bag to be tossed into stews, soups, sauces, etc. whenever needed.

* Portions of this section taken from "How To Dry and Store Herbs" by Marie Iannotti, www.about.com Home Gardening and "Harvesting and Preserving Herbs for the Home Gardener" published by the North Carolina Cooperative Extension Service, North Carolina State University, 2/98 HIL-8111.

So You Think You Can Garden? *You're Right!*

Easy Containers

One-Pot Planters



The traditional planters using one pot per herb, or combining several compatible species. It's as easy as buying the pots, plants and soil. Indoors or outdoors, big or small, pots are an easy way to begin an herb container garden.

Vertical Planters



There are many styles for vertical planters for both indoors and outdoors. They are easy to make with simple, recycled materials, like the one pictured to the left, or inexpensive to buy ready-made from any home-improvement or garden store. A vertical planter is a space saver since it can be mounted on a kitchen wall, cabinet or hung outside from a balcony or free-standing metal hook.

Tower Planters



Tower planters are fun ways to plant many types of herbs in a single space. These can be used indoors or out and can even be portable if wheels are added to the bottom! Towers can be made of many different materials and can be home-made as well as bought ready-made, although depending on the type can be fairly pricey.

Make It Your Own

There's an herb for every dish! So, creating your herb garden is as simple as thinking about what kinds of foods you usually eat, and picking those that best fit your lifestyle.

Here's a list of the most used kitchen herbs with a short description. Each is categorized as European €, Asian 🌀, or Hot & Spicy 🌶️.

Planting directives: All of the herbs below do best in full sun in moist soil, but some need well-drained soil (like Oregano).

Use this handy guide to connect herb to dish and let the cooking begin!



Flat-Leaf Parsley – also called “Italian” parsley, this herb is not just for Italian food! It can be used in all kinds of dishes, either cooked in or sprinkled on. € 🌀 🌶️



Basil – grows best in moist soil and is a good companion to parsley, thyme and other herbs when grown together in a 5-gallon pot. Good in all kinds of cuisine, but best known for pastas and salads.



Dill – Can grow up to two feet tall, and is a great complement to fish, chicken and cream sauces or soups. Pair with lavender, tarragon, and thyme. €



Sage – The plain green sage varieties are best in moist soil and are great with heavier meat dishes, vegetables and stuffing. It is an excellent buddy plant, especially with rosemary. € 🌀 🌶️



Tarragon – classic French herb commonly used to season fish, chicken and eggs. Bold in both flavor and aroma, it can be used in vinegars and infused oils. €



Chives – tiny onions grown for their edible leaves and blooms used uncooked mostly as garnish or as flavor in egg dishes, salads, potatoes, and soups. €



Oregano – This peppery herb combines well with many foods and is used liberally in Greek, Italian and Mexican cooking from pizzas to green beans, especially as a dried seasoning. Needs well-drained soil. € 🌶️



Cilantro – Often mistaken for Flat-Leaf Parsley, Cilantro has a cooling flavor to balance hot and spicy dishes. Fresh leaves can be used in salads, soups, salsas and sauces. Dried, add to sausages, vegetables and curries. 🌀 🌶️



Mint – traditionally used to cool hot and spicy dishes, but can also be used in beverages, cakes, cookies and candies. 🌀 🌶️



Thyme – This herb has a strong clove-like flavor and so the leaves should be used in those stews, soups and other dishes cooked slowly – like in a crock pot. Needs well-drained soil. €



Rosemary – A strong flavor that blends well with garlic, onion and lavender. Great with roasted potatoes, lamb and vegetables. € 🌶️



Lemon Grass – Citrus flavor widely used in Asian recipes for soup, stir-fry, marinades and curries. 🌀



Lavender – Can be used instead of Rosemary in many dishes. Versatile and is used to flavor salads, meats, vegetables, desserts and tea. Needs well-drained soil. €